# Fight back against CANDIDA OVERGROWTH by deploying these phytochemicals and making healthy lifestyle changes

04/07/2025 // Lance D Johnson // 220 Views

Tags: alternative medicine, Antifungal, antifungal diet, antifungal foods, Black walnut, candida, Clove Oil, cruciferous vegetables, food science, fungal overgrowth, goodfood, goodhealth, goodmedicine, health science, herbal supplements, holistic health, infections, lifestyle changes, natural cures, natural health, natural medicine, natural remedies, Naturopathy, neem, oregano oil, pau d'arco, phytonutrients, remedies

- Modern diets and lifestyles are creating the perfect storm for Candida overgrowth, leading to a range of health issues.
- Experts recommend a holistic approach, including dietary changes and natural supplements, to combat this pervasive fungal threat.
- Six sources of herbal antifungal phytochemicals are identified to help restore gut health and fight Candida.

## The modern diet: a breeding ground for candida

In an era where processed foods and sedentary lifestyles dominate, the human body is facing a silent but significant threat: Candida overgrowth. This opportunistic fungus, naturally present in the human gut, can wreak havoc when it proliferates unchecked. According to experts, the key to combating this fungal menace lies in a comprehensive approach that includes dietary adjustments, natural supplements, and lifestyle changes.

The Standard American Diet (SAD) is a primary culprit in the rise of Candida overgrowth. High in processed fats, added sugars, and low in fiber, this diet creates an inflammatory environment that disrupts the gut microbiome. "Many factors can lead to an unhealthy gut," says Amy Bragagnini, a registered dietitian. "A Western diet that is low in fiber and high in processed fats and added sugar is a major factor, as it causes inflammation over time and reduces healthy gut bacteria, making it easier for Candida to grow."

The processing of Western foods, which often involves adding preservatives, heating, and hulling, further exacerbates the problem. While these processes help reduce spoilage and harmful bacteria, they also strip away beneficial bacteria essential for controlling Candida levels. "If the gut is unhealthy, Candida can overgrow and contribute to a weakened immune response," explains Mpho Tshukudu, a functional nutritionist.

## Strategies to combat candida overgrowth

To effectively reduce fungal load, it's crucial to avoid the pitfalls that disrupt gut health and implement targeted strategies to restore balance. A diet rich in micro nutrients, prebiotics, probiotics, fermented vegetables, omega-3 fatty acids, and fiber can help reduce fungal species in the gut. "Balance is the key to a healthy microbiome, which is crucial for controlling overgrowths like Candida," emphasizes Bragagnini.

Certain foods and supplements have been shown to combat fungal overgrowth effectively. For example, polyunsaturated fatty acids, found in fatty fish, walnuts, chia, and flax seeds, are known to help fight Candida yeast. Freshly crushed garlic, with its potent antifungal properties, can slow fungal growth by inhibiting an important enzyme and creating small pits on the outer surface of Candida. Garlic also prevents Candida from transforming into its more harmful form and reduces the expression of the gene SIR2 involved in this process.

## Six sources of antifungal phytochemicals

### Oregano Oil

Oregano oil contains high concentrations of phenols, such as carvacrol and thymol, which disrupt the cell membranes of fungi, leading to their destruction. These phenols also inhibit the production of fungal enzymes, preventing Candida from reproducing and spreading. Additionally, oregano oil's broad-spectrum antimicrobial properties help to balance the gut microbiome, reducing the overgrowth of harmful microorganisms.

### Olive Leaf Extract

Olive leaf extract is rich in oleuropein, a compound that interferes with the fungal cell wall, making it difficult for Candida to survive and multiply. Oleuropein also boosts the immune

system, enhancing the body's natural defenses against fungal infections. The extract's ability to inhibit biofilm formation further prevents Candida from establishing a stronghold in the gut.

### Pau d'Arco

Pau d'Arco contains lapachol, a powerful antifungal compound that damages the cell walls of Candida, leading to their death. This compound also disrupts the metabolic processes of fungi, inhibiting their growth and reproduction. Pau d'Arco's broad-spectrum activity helps to create an environment in the gut that is less favorable for Candida overgrowth.

### Black Walnut

The hulls of black walnuts are rich in juglone, a compound that has strong anti-fungal properties and can effectively kill Candida by disrupting its cellular functions. Juglone also has anti-parasitic effects, which can help to eliminate other gut pathogens that might contribute to an imbalanced microbiome. By reducing the overall pathogen load, black walnut supports a healthier gut environment.

### Neem

Neem leaves and extracts contain azadirachtin and nimbin, compounds that have potent antifungal properties and can inhibit the growth of Candida by interfering with its cell membrane integrity. Neem also has anti-inflammatory effects, which can help to soothe the gut lining and reduce the symptoms associated with Candida overgrowth. The broad-spectrum antimicrobial activity of neem helps to maintain a balanced gut microbiome, further supporting overall gut health.

### Clove Oil

Clove oil is rich in eugenol, a compound that has strong anti-fungal properties and can effectively inhibit the growth of Candida by disrupting its cell membranes. Eugenol also has anti-inflammatory and analgesic properties, which can help to alleviate the discomfort and inflammation associated with Candida overgrowth. The broad-spectrum antimicrobial activity of clove oil helps to create a hostile environment for Candida, promoting a healthier gut microbiome.

## An anticandida diet: a holistic approach

An anti-Candida diet focuses on reducing the growth of Candida yeast by limiting carbohydrate and added sugar intake, avoiding yeast-containing foods, and incorporating

antifungal foods and supplements. This diet also emphasizes staying hydrated and including cruciferous vegetables and black and blue foods to support detoxification.

## Tshukudu provides a sample anti-fungal meal plan that includes:

**Upon Waking:** Herbal tea or water, such as mint, ginger, cinnamon, or clove tea.

**Breakfast:** Scrambled or poached eggs with sautéed spinach cooked in coconut oil or extra-virgin olive oil, and a slice of seed crackers or seed bread. Enjoy herbal tea like ginger and turmeric or mint.

**Mid-morning Snack:** Seed granola with plain yogurt and an herbal tea like rooibos flavored with cinnamon.

**Lunch:** Grilled chicken with roasted broccoli and cauliflower, drizzled with apple cider vinegar, extra-virgin olive oil, and garlic-herb dressing. Drink water infused with fresh mint and cucumber.

**Afternoon Snack:** Chia pudding made with coconut milk or cream, cacao powder or nibs, cinnamon, aniseed, and vanilla.

**Dinner:** Steak with sautéed baby marrow, peppers, and onions. End the day with chamomile tea.

***Also include** anti-fungal phytochemicals, as listed above. These natural substances can be purchased and stored in your personal home apothecary, where they can be of use in acute, maintenance, and chronic situations of fungal infections requiring attention.

As the modern world continues to grapple with the consequences of poor dietary choices and lifestyle habits, the fight against Candida overgrowth is more critical than ever. By incorporating antifungal foods and supplements into our diets, we can empower our bodies to heal and maintain a balanced gut microbiome.

**Sources include:**

TheEpochTimes.com

Pubmed.gov

ScienceDirect.com

Pubmed.gov

**RELATED TOPICS**

ALTERNATIVE MEDICINE | ANTIFUNGAL | ANTIFUNGAL DIET | ANTIFUNGAL FOODS | BLACK WALNUT | CANDIDA | CLOVE OIL | CRUCIFEROUS VEGETABLES | FOOD SCIENCE | FUNGAL OVERGROWTH | GOODFOOD | GOODHEALTH | GOODMEDICINE | HEALTH SCIENCE | HERBAL SUPPLEMENTS | HOLISTIC HEALTH | INFECTIONS | LIFESTYLE CHANGES | NATURAL CURES | NATURAL HEALTH | NATURAL MEDICINE | NATURAL REMEDIES | NATUROPATHY | NEEM | OREGANO OIL | PAU D'ARCO | PHYTONUTRIENTS | REMEDIES

## LATEST NEWS

04/07/2025 / By Cassie B.

### Trump's new 50% tariff threat to China rattles markets as allies scramble for deals

04/07/2025 / By Lance D Johnson

### Fight back against CANDIDA OVERGROWTH by deploying these phytochemicals and making healthy lifestyle changes

04/07/2025 / By Cassie B.

### Canadian nurses face fines, job loss for questioning transgender ideology in private conversations

04/07/2025 / By S.D. Wells

**AUTISM IN THE WATER: Autism and ADHD caused and compounded by WATER FLUORIDATION, new peer-reviewed study reveals**

04/07/2025 / By Kevin Hughes

**Unveiling the shadows: A deep dive into the Illuminati and the quest to defeat it**

04/07/2025 / By Ava Grace

**Cashews: From tropical delicacy to modern superfood**

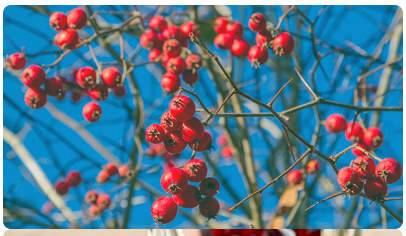
## RELATED NEWS

04/07/2025 / By Kevin Hughes

**Heather Boon and Michael Smith examine the science and practice of 50 common medicinal herbs**

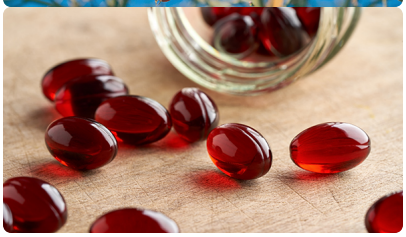
04/05/2025 / By Olivia Cook

**Science unlocks nature's potential: How natural compounds may support individuals with Autism Spectrum Disorder (ASD)**



04/03/2025 / By Ava Grace

**Hawthorn: A timeless medicinal marvel**



04/02/2025 / By HRS Editors

**Astaxanthin: Nature's ultimate antioxidant powerhouse**

04/02/2025 / By Lance D Johnson

**Budesonide emerges as lifeline for measles patients amidst hospital system turmoil**

04/02/2025 / By Ava Grace

**Hops: The herbal marvel behind beer**

## 0 COMMENTS

**Please sign in with your Brighteon account to leave comments**

Not a user, Create your FREE account today.
Learn more about our new comment system.

Sign In Sign Up

# TAKE ACTION:

Support Natural News by linking to this article from your website.

### Permalink to this article:

https://www.naturalnews.com/2025-04-07-fight-back-against-candida-overgrowth-with-phytochemicals.html Copy

### Embed article link:

<a href="https://www.naturalnews.com/2025-04-07-fight-back-against-candida-overgrowth-with-phytochemicals.ht Copy

### Reprinting this article:

Non-commercial use is permitted with credit to NaturalNews.com (including a clickable link).
Please contact us for more information.


## FREE EMAIL ALERTS

Get independent news alerts on natural cures, food lab tests, cannabis medicine, science, robotics, drones, privacy and more.

Enter Your Email Address

We respect your privacy

Download on the App Store

Install for Android

This site is part of the Natural News Network © 2022 All Rights Reserved. Privacy | Terms All content posted on this site is commentary or opinion and is protected under Free Speech. Truth Publishing International, LTD. is not responsible for content written by contributing authors. The information on this site is provided for educational and entertainment purposes only. It is not intended as a substitute for professional advice of any kind. Truth Publishing assumes no responsibility for the use or misuse of this material. Your use of this website indicates your agreement to these terms and those published here. All trademarks, registered trademarks and servicemarks mentioned on this site are the property of their respective owners.